



Carlisle Connection

November 2012



Carlisle Council On Aging Serving Carlisle's 60+ Community

66 Westford Street, Carlisle, MA 01741

COA Official Town website:

<http://www.carlislema.gov>

Friends of COA:

<http://www.carlisle.org/foccoa>

From the Director

Greetings! It's time to "Fall-Back" for Day Light Savings, which begins Sunday, November 4th at 2 AM. Day Light Savings was used during the world wars to save energy. In 1966, [the Uniform Time Act](#) outlined that clocks should be set forward on the last Sunday in April and set back on the last Sunday in October. These days Daylight Saving Time begins on the second Sunday in March and ends on the first Sunday in November. On another note, remember to Vote, this year election day is on November 6th.



Veterans Day celebrates veterans of all US wars, however, it is worth remembering that Veterans Day originally was called Armistice Day, which was a holiday commemorating the cease fire that effectively ended WWI, the "Great War." The armistice began at 11:00 AM on the 11th day of the 11th month in 1918. The last known surviving veteran of WWI died earlier this year. Florence Green was two weeks shy of her 111th birthday. Mrs. Green joined the newly formed British Royal Air Force (RAF) at the age of 17. Her passing marks a true end to a generation that saw so much change. —**David Klein, COA Director**

COA Monthly Luncheon - Thursday, November 15 at 11:45am

Happy early Thanksgiving! Enjoy a turkey dinner with all of the fixings!

To register, call the COA office at (978) 371-2895 by noon on Thursday, November 8. Since no shuttle is planned for this event, please call (978) 371-6990 if you need a ride.

Suggested donation: \$3 for the meal.



Following the Luncheon: Stay with us after lunch on Nov 15 for a special performance by members of the Carlisle Middle School Choir. The group is directed by Tara Callahan, our Carlisle School music teacher. Come enjoy the wonderful sounds of some of our talented Carlisle Public School Students.



Annual Wreath Making - Thursday, December 6 at 11:00 am

The Carlisle Garden Club, the Council on Aging and Friends of the COA will host a holiday wreath making seminar from 11:00 am to 12:00 noon at FRS Union Hall. Come enjoy the company of the Garden Club volunteers, neighbors and friends. Light refreshments will be served. Please call the COA office to register no later than November 29th so that we can let the Garden Club know how many wreaths will be needed. *This particular event is for Carlisle residents only please.*

Reminder— Medicare Open Enrollment ends on December 7th this year. (see page 3). If you need assistance, please call the COA ASAP to set up an informational meeting with a SHINE counselor.

CARLISLE COA

OFFICE HOURS

Monday 9am - 5pm

Tues. - Th. 9am - 3pm

Friday 9am - 1pm

(978) 371-2895 Office

(978) 371-6690 Van line

COA Staff

David Klein Director
coadirector@carlisle.mec.edu (978) 371-6693
Angela Smith Outreach Coordinator
asmith@carlisle.mec.edu (978) 371-2895
Debbie Farrell Transportation Coord.
coaride@carlisle.mec.edu (978) 371-6690
OPEN Position - TBA Admin. Assist.
Peter Cullinane LICSW

COA Board Officers

Liz Bishop Board Chairman
Abha Singhal Vice-Chair
Verna Gilbert Treasurer
Elizabeth Secretary
Acquaviva

Board Members

Mary Daigle Joanne Willens
Tom Dunkers Jean Sain
Peggy Hilton Liz Thibeault
Lillian DeBenedictis

Associate Members

Jim Elgin Sandy McIlhenny
Phyllis Goff Natalie Ives

NOVEMBER 2012

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Highlight:</p> <p>Carlisle Com Pot-luck Thanksgiving Dinner 5pm at FRS Call Mary at 978-369-5236</p>	<p>Highlight:</p> <p><i>Try Tai Chi on Tuesday, the 13th at 3 PM</i></p>	<p>Highlight:</p> <p>COA lunches on Nov: 1st & 15th</p>	<p>Highlight:</p> <p>Concord Carlisle High School Thanksgiving Lunch - Saturday, the 17th, 12 noon</p>	<p>1 Fitness - 9:45am Cardio - 10:45am Chelmsford Crossing Lunch St. Irene 12:00 with a Travel Slide Show at 12:45</p>	<p>2 Van errands/ Local grocery shopping - 9am SAMA - 10:45am</p>	<p>3 Gleason Library Harvest Moon Celebration 7 PM (\$75)</p>
4	<p>5 Yoga - 9:30am Lunch Review - Outback in Lowell 11:30 Leaves at VC at 11:00</p>	<p>6 !!Election Day!! Podiatry Clinic Zumba - 10:45am - St. Irene CCC - 11 am Ballroom - 2pm</p>	<p>7 Coffee - 9am, BP Intergenerational Tap - FRS Union Hall - 2:45 3:45pm Art Matters - 1:30 - 3pm</p>	<p>8 Men's Brk - 8am BP - 8am at Brkfst Fitness - 9:45am Cardio - 10:45am</p>	<p>9 Van errands / local grocery shopping - 9am SAMA - 10:45am</p>	10
<p>11 Veterans Day</p>	<p>12 Veterans Day Holiday Town Hall Closed</p>	<p>13 Zumba - 10:45am - St. Irene Nashoba Valley Tech Lunch - 11:45am Ballroom - 2pm Tai Chi 3 pm</p>	<p>14 Intergenerational Tap - FRS Union Hall - 2:45 - 3:45pm</p>	<p>15 Fitness - 9:45am, Cardio - 10:45am, COA Lunch - 11:45am FRS, BP 11:45am Middle Sch Choir Solos at 12:45 KISS - 7:30pm</p>	<p>16 Van errands / local grocery shopping - 9am SAMA - 10:45am</p>	<p>17 CCHS Thanksgiving Lunch - 12pm</p>
18	<p>19 Yoga - 9:30a Book Club - Library, Hollis Rm 10:15</p>	<p>20 Zumba - 10:45am - St. Irene Ballroom - 2pm</p>	<p>21 Do whatever you feel like doing day!</p>	<p>22 Happy Thanksgiving! Carlisle Com Pot-luck Thanksgiving Dinner 5pm at FRS To register call Mary at 978-369-5236</p>	<p>23 Holiday Town Hall Closed</p>	24
25	<p>26 Yoga - 9:30am Sr. Moments - 9:30am, BP 10am</p>	<p>27 Merrimack Outlets Trip 9:20am Zumba - 10:45am - St. Irene Ballroom - 2pm</p>	<p>28 Intergenerational Tap - 2:45pm</p>	<p>29 Fitness - 9:45am Cardio - 10:45am</p>	<p>30 Van errands / local grocery shopping - 9am</p>	

TRANSPORTATION / TRIPS

The COA transportation services are available to all senior and adult disabled Carlisle residents. Transportation is available for all COA events.

Van Line Reservations: (978) 371-6690 or email coaride@carlisle.mec.edu

Weather Info/Cancellations: (978) 371-2895

Our **DONATIONS/FEES*** are as follows:

In-town rides or Friday grocery trips - no fee

Rides within 15 miles - \$2.

Van Trips over 15 miles away - \$5. *Parking fees are the responsibility of the rider.



Medical appointments: Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency care.

Local grocery /Shopping trips: We go to local grocery stores on Friday mornings at 9am. Please call the van line in advance to make reservations.

Day Trips

Joanne's Restaurant Reviews - Monday, November 5th - Join us for a great meal!

We're going to the Outback...the restaurant that is! Enjoy a great steak or order something else off their diverse menu. Call Joanne at (978) 371-8023 to register; deadline is October 29. \$2 van fee. **Late news:**

Merrimack Trip rescheduled to Nov. 27. Call Joanne to register (See note at bottom of page).

Not so Day Trips - International Travel

Tropical Costa Rica trip - (March 16—24, 2013) Deposits are Due Now!

Call Joanne at (978) 371-8023 for highlights and more information.

Informational flyers are also available at the COA office at Town Hall.



Medicare Open Enrollment ends on December 7th!

Every year, Medicare Part D and Medicare Advantage (managed care) plans may change their formularies (list of drugs covered), premiums, co-pays, and deductibles. It's important to review your options EVERY year to make sure you have the plan that works best for you.

Some Medicare Part D and Medicare Advantage plans are leaving and some new ones are entering. ***If you are a member of a plan that is leaving, you need to make certain that you have a new plan for January 2013.*** Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. Or call the Carlisle COA at (978) 371-2895 to have a SHINE appointment set up for you.

More Travel: Merrimack Premium Outlet Trip rescheduled to Tuesday, November 27!

Get a jump on your holiday shopping with a 10% discount for those age 50 and above.

***FRIDAY MORNING SHOPPING - Ride with the COA**

"Want to get out with your neighbor and get some groceries?" Join our Friday morning shopping group to Market Basket. Call or email (978-371-6690 or coaride@carlisle.mec.edu) the van line on or before each Thursday morning and we will arrange to have you picked up and brought home.





FOR YOUR HEALTH!



Free Blood Pressure Clinics: **Thursday, November 1 at 11:30 am** at St. Irene at Chelmsford Crossing lunch, sponsored by *Chelmsford Crossing*. **Tuesday, November 6 at the Podiatry Clinic from 8:30am to 12:30pm** (see info below) thanks to COA volunteers. **Wednesday, November 7 at 9am** at the Monthly Coffee, sponsored by *Life Care Center of Nashoba Valley*. **Thursday, November 8, 8 am** during the Men's Breakfast at the Sleeper Room, sponsored by Home Instead. **Thursday, November 15 from 11 to 11:45 am** at FRS, sponsored by *FCOA & Emerson Hospital Home Care*. **Monday, November 26, 9:30am** at Ferns, sponsored by *Right at Home*.

Podiatry Clinic - Tuesday, November 6 in the Sleeper Room at Village Court. Limited space; call the COA at (978) 371-2895 to register. **Cost:** \$20 (partially funded by the Friends of the Carlisle COA). Checks made out to Carlisle COA or cash; payable day of clinic. **Note:** For Carlisle Seniors only.

Tai Chi Demo - Come try an interactive Tai Chi session on **Tuesday, November 13th at 3 pm** at Town Hall. Wear loose fitting slacks or gym clothes and soft soled shoes. No registration needed for this special intro, just show up and enjoy!

EXERCISE CLASSES

NOTE: To sign up for the next session of the following programs, please call the COA office at (978) 371-2895.

Minimum attendance is required for programs to continue. Stop in and try a class/day for free (except yoga)! New members are welcome. Make check payable to Carlisle COA unless otherwise noted.

BALLROOM DANCING - Tuesdays (St. Irene Church) - at 2pm

This session runs on November 6, 13, 20 and 27. Wear leather-soled shoes.

FREE due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Register at (978) 371-2895.

CARDIO-BOOST CLASS - Thursdays (Congregational Church) at 10:45am

Instructor: Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 (Current session ends November 29.)

FITNESS CLASS - Thursdays (Clark Room at Town Hall) at 9:45am - Instructor: Katrina Rotondi. Great for all ability levels, and may be done in a chair. Wear comfortable clothes and shoes and bring hand weights. **Fee:** \$40 (Current session ends November 29.)

INTERGENERATIONAL TAP - Wednesdays (FRS Union Hall) at 2:45 - 3:45pm

For everyone 12 and older. Taught by Katrina Rotondi. **Fee:** \$40 (Current sessions ends November 28)

OUTSIDE WALKING - will be on Thursdays in November 1, 8, 15, & 29

Walk the trails with Jane Anderson, Thursdays at 9:30am at Center Park. No sign up; just show up to walk, weather permitting. Contact Jane at jane.anders@comcast.net or call 978-369-9672.

SAMA EXERCISE CLASS - Fridays (Clark Room at Town Hall) at 10:45am

SAMA (Senior Approach to Martial Arts) is an exercise class based on the martial arts moves, to help keep joints and minds flexible while increasing balance. Seniors, and those who will be seniors are welcome. \$100 for 10 wks.; current session ends Nov. 16. Visit www.osbkarate.com and go to SAMA for more info.

YOGA - Mondays (St. Irene) from 9:30 - 10:30am

Session II: November 5 - December 17. **Fee:** \$105 for 7 wks. (\$35 for Carlisle seniors). Call (978) 369-9815. **Make checks payable to Carlisle Recreation Dept.**

ZUMBA® - Tuesdays (St. Irene) 10:45 - 11:30am

Taught by Zumba Certified Instructor Katrina Rotondi. **Fee:** \$40 (Current session continues until Nov. 27.)

Carlisle Community Conversations

Tuesdays at 11am at the Hollis Room of the Gleason Public Library

November 6, 2012 - Federally-Approved Mortgage Foreclosure Counseling and Information on Mortgage Modifications

Speaker: *Deborah Mullins, Director of the Home Preservation Center (HPC), Lowell.* **Moderator:** *Elizabeth DeMille Barnett, Carlisle Housing Coordinator.*

This program is for anyone interested in learning about no-cost federally-approved mortgage foreclosure counseling, the mortgage modification process and other options. The Lowell-based Home Preservation Center (HPC) serves over 51 Massachusetts communities, including Carlisle.

According to the HPC: *Foreclosure can happen to anyone, regardless of socio-economic status, demographics or type of mortgage. Millions of people across the United States have trouble with their mortgages every year. The HPC is a federally funded counseling center, provides free counseling and other services to homeowners facing foreclosure. The center's primary goal is to keep people in their homes – preserving not only the individuals and families affected, but also strengthening the local and regional economy. If you or someone you know is worried about a mortgage, acting quickly is the best strategy to prevent the loss of the home.*

November 7, 2012 - More at the Library

“Art, Music and Dance”: Ninth Annual Carlisle Lecture Series - Auguste Renoir

Call the Gleason Library at (978) 369-4898 to register for the last of the Art, Music and Dance lecture Series with Jane Blair of ArtMatters. The November 7th lecture will focus on Auguste Renoir. One of the most popular of the impressionist painters, Renoir was the romantic of the group. His paintings celebrate life and love. This series is free and open to the public, but seating is limited Sponsored by the Friends of the Council on Aging Lee Milliken Fund and the Friends of the Gleason Public Library.



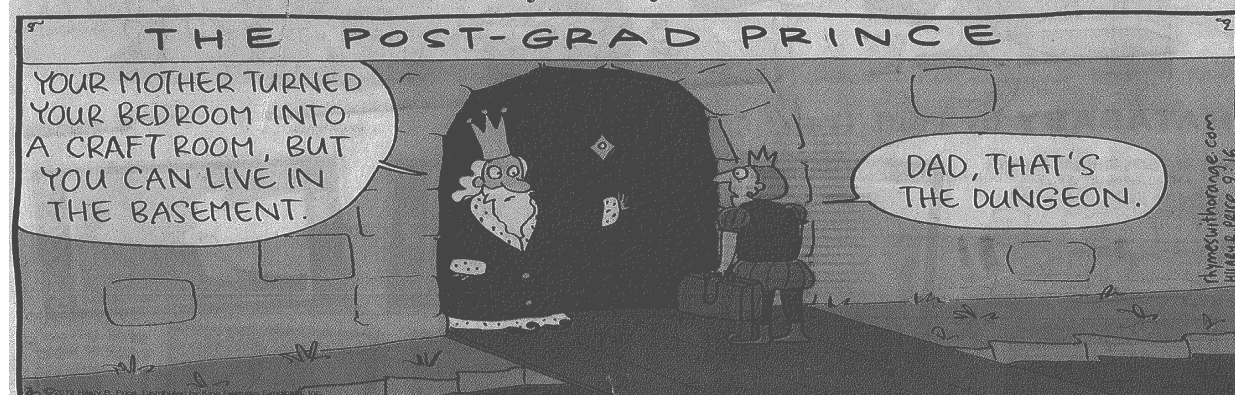
Carlisle Community Book Club

The November read is Greater Journey by David McCullough. November 19 at 10:15 am in the Hollis Room. The CC book club is co-sponsored by the Library and the Carlisle COA and is open to anyone 18 and older. Contact Mary Zoll at At (978) 369-5236 for more information. *All are welcome whether or not they have read the current book selection or have book suggestions!*



November Chuckle

RYMES WITH ORANGE by Hilary B. Price



FOOD COURT

Chelmsford Crossing Lunch - Thursday, November 1 at 12:00pm

Come to St. Irene for a meal cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Grilled ham steak, sweet potato, vegetable blend, salad and dessert. Register at (978) 371-2895 by noon on Thursday, October 25th. Suggested donation: \$3. **Followed by Collette Tours Italy slide show!**



Monthly Coffee - Wednesday, November 7 at 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court. Jean & Jack Sain will be hosting along with a friend.

Carlisle Com Pot-luck
Thanksgiving Day
Dinner 5pm at FRS
Call Mary at
978-369-5236 to register

Men's Breakfast - Thursday, November 8 at 8am

Held at the Sleeper Room at Village Court each month. Enjoy this generous, hearty breakfast prepared by volunteer chef Andy Cutter and helpers. Suggested donation: \$3.



Nashoba Valley Technical High School Lunch - Tuesday, November 13 at 11:45am

Call the COA by Thursday, November 8th at noon to make your choice from the following delicious meals created with great care by the culinary arts students at Nashoba:

- *Veal Parmesan: Tenderly breaded and gently sautéed on fresh linguini with marinara sauce.
- *Seafood Casserole: A delicious combination of haddock, scallops, shrimp and crabmeat
- *Chef's choice vegetarian meal based on seasonal vegetables, along with starch

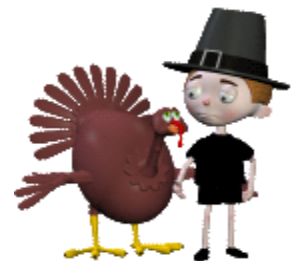
Cost: \$10 plus tip, payable at school.

COA Monthly Luncheon - Thursday, November 15 at 11:45am - See page 1 for details

CONCORD CARLISLE HIGH SCHOOL SENIOR THANKSGIVING DINNER

Saturday, November 17 at Noon

Come enjoy a **FREE** Lunch sponsored by the Junior Class of CCHS. You must sign up by calling the COA at (978) 371-2895 **NO LATER than noon on November 9.** If you need transportation, please call the COA Van Line at (978) 371-6690 by Nov. 9. Please arrive early so dinner can be served at noon.



"SENIOR MOMENTS" at Ferns – November 26, from 9:30-11am

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Ferns gives a 10% discount to attendees for coffee. First come, first serve! Stop in to say hi to Emily Tamilio & get BP check.

****NOTE:** COA Lunches, Monthly Coffees, Mens and Womens Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you.

Please call the COA at (978) 371-2895 to register as noted.

**Town of Carlisle
66 Westford Street
Carlisle, MA 01741**

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Return Service Requested

This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.

Knitting in Service Society (KISS)

Knitting in Service Society (KISS) is a group of ladies who have been knitting since 2006 to benefit those in need. New members are welcome, or feel free to knit at home. **Hats and scarves** from easy to advanced, **in any pattern, are knitted to be** donated through Common Cathedral and given as Christmas presents. Contact Angela at 978-371-2895 with questions. Email frs@carlisle.org to be reminded of monthly meetings, Thursday nights **7:30 to 9:30** (October 18, November 15, January 17, February 21, March 21, April 18, May 16, June 20); call for the location.

Need some help with your fuel bills?

Fuel Assistance is available from a number of sources. LIHEAP fuel assistance is a government program to help low-income families pay their heating bills. The benefit depends on family income and heating costs. This program runs from November 1 to April 30 each year. Income guidelines also depend on family size. For this year's program a one person household may have gross annual income of up to \$31,271. The limit for a two person household is \$40,893. For a three person household the limit is \$50,515 and for a household of four it is \$60,137. Call for additional info on larger families. Help is also available from the Salvation Army Good Neighbor Fund. Please call for information on their program. It is important to note that Fuel assistance is open to all families. Additional support may also be available from other sources. Please contact the Council on Aging at (978) 371-2895 to set up a confidential appointment or to learn more. Please apply as early as possible as funds are limited.

Ask a Lawyer

Individual sessions with Attorney Eric Prichard from the law firm of Brown & Brown, PC in Bedford are available once again. If you are interested in a free half-hour session where you can ask questions on estate planning, elder law and Medicaid planning questions, please call the COA at 978-371-2895 and we'll schedule a date/time once we have at least two people on the wait list.